

# MFB Kitchen & Cafe

Sept. 2026

|                                      | 9/7<br>Monday                                           | 9/8<br>Tuesday                           | 9/9<br>Wednesday                          | 9/10<br>Thursday                                                  | 9/11<br>Friday                       |
|--------------------------------------|---------------------------------------------------------|------------------------------------------|-------------------------------------------|-------------------------------------------------------------------|--------------------------------------|
| <b>Breakfast<br/>&amp;<br/>Carve</b> | BYO Breakfast Bowl<br><br>Rotisserie-Style Chicken Legs | Biscuits and Gravy<br><br>Sheppard's Pie | Waffle Wednesday<br><br>Beef and Broccoli | Biscuits and Gravy<br><br>Butter Chicken over Basmati Rice w/Naan | BYO Omlette<br><br>Braised Beef Tips |

## Soup

Chicken and Wild Rice

Three Bean Chili (Vegan)

Loaded Baked Potato

Butternut Squash Bisque

Broccoli Cheese

|                                           |                             |                                                     |                                            |                                           |                                                  |
|-------------------------------------------|-----------------------------|-----------------------------------------------------|--------------------------------------------|-------------------------------------------|--------------------------------------------------|
| <b>Market Deli<br/>&amp;<br/>The Oven</b> | <b>Happy<br/>Labor Day!</b> | Corned Beef Reubens<br><br>Chef's Choice Tortellini | BYO Sandwich<br><br>Pasta with Vodka Sauce | BYO Sandwich<br><br>Chef's Choice Gnocchi | Corned Beef Reubens<br><br>Chef's Choice Lasagna |
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**Chef's Table**

**Café Open  
7:00am-  
2:00pm**

BYO Tostadas

Boneless Chicken Wings

BYO Gyros



*A better-for-you choice lower in calories and sodium, high in fiber and good fats.*

**Open 7 days a week**

Breakfast 7 am – 9:30 am

Lunch 11 am – 2 pm

Dinner 2 pm-7:30 pm

Weekends 7 am- 6pm